

## Stressful House

Is your [house](#) a complete mess? Are you overwhelmed just thinking about cleaning your house? A cluttered home, rather than a haven from stress, is a big stressor in itself, and intensifies the frustration and exhaustion that an already-stressed person feels.

Don't stress about the mess!

Try these tips for a quick "pick me up":

- Play "Beat the Clock". Set a timer for 15 minutes each night. When you clean for 10 or 15 minutes, as opposed to an hour or more, cleaning doesn't seem overwhelming.
- Do the most difficult and annoying areas of your house at the beginning, when you are most motivated. Once you accomplish the feeling of completing those tough areas, everything else will seem like a piece of cake.
- Pump up the music! Using music can help you to move more quickly, all while giving you the feeling of fun. Just be sure to shut the blinds if your favorite tracks make you bust into dance moves that you don't want the neighbors knowing you have.
- Decide to make your bed each morning. Tell yourself you won't leave the house until it's done, thus making you get up a little earlier.
- Cleaning is great exercise! Cleaning your house for 21 minutes on average burns 150 calories.